

ESSIAC

The Formula

An article appeared in the Dec/Jan '93 edition of Nexus, which reported on a suppressed cancer cure.

This was based on a herbal mixture, popularly called Essiac.

Unfortunately, at the time of going to print, we had not obtained the details listed below, which describe how to make Essiac.

Essiac

Supplies Needed

- 5 gallon stainless steel pot
- 3 gallon stainless steel pot, with lid
- Stainless steel fine-mesh double strainer
- Stainless steel funnel
- Stainless steel spatula
- 12 or more 16-ounce amber glass bottles with airtight caps, (not child-proof caps)
- 2 gallons sodium-free distilled water
- Measuring cup
- Kitchen scale with ounce measurements

Essiac Formula

- 6.5 cups of burdock root - cut. (*Arctium Lappa*)
- 16 oz. Sheep Sorrel Herb - powdered (*Rumex Acetosella*)
- 1 oz Turkey Rhubarb Root - powdered (*Rheum Palmatum*)
- 4 oz. Slippery Elm Bark - powdered (*Ulmus Fulve*)

Preparation

1. Mix Essiac formula thoroughly.
2. Bring sodium-free distilled water to a rolling boil in 5-gallon pot with lid on. (Approximately 30 minutes at sea level.)

3. Stir in 1 cup of Essiac formula. Replace lid and continue boiling for 10 minutes.

4. Turn off stove. Scrape down sides of pot with spatula and stir mixture thoroughly. Replace lid.

5. Allow pot to remain closed for 12 hours; then turn stove to full heat for 20 minutes.

6. Turn off stove. Strain liquid into 3-gallon pot, and clean 5-gallon pot and strainer. Then strain filtered liquid back into 5-gallon pot.

7. Use funnel to pour hot liquid into bottles immediately, taking care to tighten caps. Allow bottles to cool; then tighten caps again.

8. Refrigerate. Essiac contains no preservative agents. If mould should develop in bottle, discard immediately.

CAUTION: All bottles and caps must be sterilised after use if you plan to re-use them for Essiac. Bottle caps must be washed and rinsed thoroughly, and may be cleaned with a 3% solution of food grade hydrogen peroxide in water.

Directions for use.

Heat 4 tablespoons (2 oz.) sodium-free, distilled water in a stainless steel pot. Add 4 tablespoons of Essiac, (shake bottle first). Mix and drink.

Take at bedtime on an empty stomach, at least 2 hours after eating.

Questions regarding recipe and dosage should be directed to the author: Dr Gary Glum, Silent Walker Publishing, PO Box 92856, Los Angeles, CA 90009 USA.

An Australian version of the Essiac mixture is available from:
M. Czarniak
Manning Pharmacy
69 Manning Road, Manning WA 6157
Ph: (09) 450 4180 Fx: (09) 349 0596

MORE ON ESSIAC

Dear Duncan, Firstly let me congratulate you on your excellent magazine, and secondly on your great article concerning the Essiac formula. I am amazed that it actually took so long for someone to publish the story about René and her amazing work.

I have been a great believer in René and Essiac for the past five years. I was originally told about it by a visiting Canadian friend in 1987 and have experimented with its use ever since.

I have taken the compound for nearly five years myself, originally as a control experiment and now as a health-supportive. I can verify the claims that your article made in the treatment of C.A.

I have personally given the compound to over 100 patients at various Hospice terminal care homes around Sydney and witnessed an amazing stay of illness in all but eight cases. I gave the Essiac to my patients on their own request after showing them the literature about René, however at the time I was only working in the capacity as a registered nurse and as such would be discredited easily if challenged on point.

I went on to develop a much more potent form of the formula when looking to the the application of Essiac in the immune-suppressed patients (post chemotherapy, radiotherapy and long exposure to corticosteroids and HIV).

I have found that by incorporating lyophilised thymus extract and immuno formula vitamin supplements, a broader spectrum of treatment was possible. I originally did this by crushing the thymus extract and immuno formula and adding them to my powdered Essiac mixture in a direct 1:1 ratio before making them into tablet form.

My only criticism of your article is the paragraph mentioning dosage - specifically the 6 ozs per day of powdered pure sorrel. Firstly you do quite correctly mention caution in the use of Essiac with patients suffering renal (kidney) dysfunction. The levels of oxalic acid found in the sorrel family are incredibly high and should not be ingested in anything like the aforementioned dose. I do feel that patients with at least 50% normal renal function could tolerate small doses, less than 250 mgs per day for a period of 14

days then rest for 14 more days.

The lunar cycle has a great effect on the body's ability to metabolise and excrete substances. I have found that we are very receptive to the benefits of herbally-related treatments when used as the moon begins to wax two or three days before the first quarter, and finished two or three days before the full moon. As we all know, this is our best time to learn, plant, conceive, etc.

The second dangerous area is in the production of Essiac at home.

Firstly, the sorrel needs to be consistently harvested that is to say, the extract must come from the same clump of plants at roughly the same level of maturity in the plant's life. Otherwise, the dose of oxalic acid varies very considerably. The toxic dose can be as low as 2 grams per day. Dangerous side effects can be encountered even below this dose depending on general health, renal function and level of other oxalates and purines ingested during that period.

Kidney, uterine and gall stone formation, arthritis, gout, nausea and vomiting, dizziness and headache, hypertension, complete renal failure and myocardial arrest are some of the dis-

astrous side effects of dangerously high oxalate ingestion. I have been producing a stable and consistent form of the modified Essiac for the last year and I am very impressed by the feed back of clinical information I have received thus far. The greatest drawback I have managed to overcome is the deterioration of potency experienced as in all dried herbal preparations. Preparation is a long and expensive business but, I feel, well worth the effort.

I do not market my product to the general public because of the complex way in which the law and medical society operate in this country.

However I can direct you to a clinic that will send you a sample of Essiac and brochure for a donation of \$10.

It is important to understand that while I am free to make claims about the effectiveness of Essiac because of my research, the Nestor Clinic does not make any such claims. I am sure you all understand what I mean, being avid readers of Nexus.

Nestor Clinic address is:

**PO Box 293
Terrigal, NSW 2260
(Send \$10 for brochure + sample)**

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